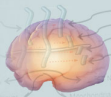


Supportive
Material for

THE HEALTHY
BRAIN
SOLUTION
FOR WOMEN OVER FORTY

Biohack Your Glucose

Guide for Peak Brain
Performance and Healing



Copyright 2018 –
Nancy K. Lonsdorf, MD PC

How To Biohack Your Glucose and Optimize Your Blood Sugar

1 Be sure to read for contextual information:

Chapter Four of *The Healthy Brain Solution for Women Over Forty- 7 Keys to Staying Sharp - On or Off Hormones*

2 Obtain a home blood glucose-monitoring device.

NOTE: One that also measures ketones may be useful for you if you wish to go on to measuring and optimizing ketones as well (please proceed to ketone-measuring only under the direct supervision and advice of your doctor. Losing excess weight or under-nourishing yourself can be detrimental to your brain health.)

Here is a popular model: Abbott brand "Precision Xtra"; measures both glucose and ketones (*uses separate test strips for ketones and glucose. Glucose strips are less expensive.*)

3 Fast overnight.

(Remember "3/12"- fast for 3 hours before bed and 12 hours minimum from dinner to breakfast)

4 Check your fasting blood glucose reading first thing

in the AM before coffee, supplements or medications (*and of course, before any other food or drink except water.*)

5 Write down your glucose reading each day in a log.

This can be on paper or computer or an app. Just be sure to keep track so you can see your progress and share with your doctor.

6 Aim for a reading between 70-90 mg/dl (3.89 – 5.0 mm/L.)

If you are regularly in the above range (every day over a period of 2 weeks, for example,) your insulin sensitivity is probably fine.

If you are not always in range, you'll want to check your glucose level after eating a meal to see what foods spike your blood sugar, so you can adjust your diet to avoid those.

7 To check your blood glucose level after meals:

Check at both one hour and two hours after. (*Why both? It can be fine at one hour and high at two hours.*)

One hour: 90-125 mg/dl (5.0 – 5.94 mm/L.)

Two hours: 90-110 mg/dl (5.0 – 6.11 mm/L.)

Five hours: 70-90 mg/dl (3.89 – 5.0 mm/L.)

8 **If your readings after meals are out of range:**

Be sure you note what you ate, and avoid in the future. Most likely, you ate high carbohydrate or high-sugar food items that are known to be “high-glycemic” and lead to elevated blood sugar.

Try to substitute whole foods sources such as nuts, organic olive oil, avocados, safe fish, more non-starchy vegetables, etc and watch the results in your readings.

If you have difficulty getting your glucose in optimal ranges, consult your doctor for further input. Be sure to bring your glucose reading log as well as a list of the foods you ate at each meal that elevated your blood sugar excessively.

9 **Consult the Mediterranean Diet Guide**

in Chapter Four for more ideas of food items to favor for optimal blood sugar and anti-inflammatory effects.

10 **Note that blood sugar can become**

temporarily elevated due to acute pain, stress and exercise. This will usually resolve when the trigger is over.

11 **See your doctor**

if your morning fasting blood sugar is consistently above 90 for further evaluation.